

Striding Along



A Publication of the Gate City Striders

JUNE 2001/JULY 2001



First Track Workout of 2001

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Strider Discussion forum
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<http://groups.yahoo.com/group/gatecitystriders>

All Area Codes are 603 unless noted otherwise

Cover Photo:

Lest we forget. The first track workout of 2001

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**Editor's Column
By Bill Spencer**



Hello Fellow Striders, I hope that you enjoy this edition. Shu Minami has out did himself in this edition and I have given him almost four pages to tell of the many travels of the Minami family. Also returning for this edition is our long time contributor, Bob Thompson. You should find his

two articles both entertaining and full of insight. The racing season has gotten underway with the club taking the lead in the NH Grad Prix series and our many Youth runners picking up wins at every race they enter. In the activities section, you will see that Fitness University has been canceled for this year. Let's hope that it will be back in force for 2002. You will also note that the Club Triathlon is scheduled for this August. It was canceled last year for lack of support. Let's not let it happen again this year. The club is fortunate to have a location like Mine Falls to train in. There are regularly scheduled trail days for supervised volunteers to assist in maintaining the trails. The schedule is listed on page 13. This will be the last Issue of Striding along that Gail and Gerry Duval will be coordinating. The club thanks them for their efforts over the past several years. I am looking for someone who can take their place. The basic job is to coordinate the stuffing of race flyers into the Newsletter and to assemble them for bulk mailing. They are assisted by a group of regulars on the night of the stuffing. Please see me if you can help me in this effort.



Striding Along is published 6 times a year by members of the Gate City Striders, Inc. of Nashua, NH. For correspondence or a membership application, please write to:

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Visit our Web Site
WWW.GateCity.Org

USA Track & Field Club # 157

Our Mission Statement

The Gate City Striders is an athletic and social organization dedicated to the promotion of running and fitness at all levels. Members vary in ability from beginning joggers to competitive marathoners.

Membership meetings

3rd Wednesday of month.

Track workouts

Wednesday nights, Nashua High, April thru October. Weekly runs are held elsewhere throughout the year.

If you experience problems with the delivery of the newsletter call our membership chairperson. This newsletter is sent third class mail. There is no forwarding by the post





"My legs hurt a little bit," he said after he ran a 3:03 marathon recently. While this statement is hardly surprising, the fact that it was spoken by an 11 year old boy certainly is. It was reported by various people who were at the event that the boy was not unusual physically but did act unusual in that he didn't seem to have a passion for running and only smiled when the cameras were on him. It was also mentioned that the father was an accomplished runner who under the guise of a healthy life style was attempting to attain his dreams through the boy.

While some of this was subjective information from the sources, it would be safe to say that the only objective information here is that the boy was a normally developed 11 year old who did finish in 3:03. That alone is enough to cause me concern if I thought it is or would become an endemic trend. I don't think it is endemic and I don't think it's likely to become a model for the greater Nashua area, and I'll tell you why.

To begin with I don't see any runners, parents or coaches with such lofty goals. Sure the young runners from this area have done extremely well in Junior Olympic programs and all have an attitude that they can do even better. But for the most part I see a

concern for the physical and mental welfare of the kids that the casual observer might think is not there. In fact, more than a few times, I've heard comments from people not connected with running that the kids must really be pushed. The comments are always delivered in a feel-good, feigned concern (yet uniformed) style. Here's my observation of the youth program. The Striders offer workouts for the kids twice a week, though not necessarily twice a week for all the same kids but more for the flexibility of the attendees. At these workouts, particularly when they are during school running season, the coaches ask individual kids what they have been doing physically

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to be held back from running both Thanksgiving day races and the Salmon Brook Scramble two days later. I'm very encouraged to hear the concern and see the efforts of positive control to keep kids from over training. I heard, from some of our very pro-running parents, that a small segment of kids needs even more control in the over-training area. That too is encouraging for it means that we're not becoming complacent in the flow of local running programs.

Another observation I'll make is that except for one excitable yet otherwise caring parent I never hear a young racer being yelled at in the style of "come on, you can do better than that.". On the contrary, it's always encouragement that I hear.

In my own personal sphere of running involving my family I'm unhappy that my high school aged granddaughter isn't allowed to run with the rest of the family in road races the way we all did a few years ago. However when I see how her coaches stress directed strength training and injury prevention it's clear that running road races with me is not in the best interest of either her or her team. I'm comforted in that the coaches have her best interest at heart. And that's something from the coaches in a year when the prior year graduation had thinned the ranks.

Imagine a coach telling a runner who has qualified to run in the NH Meet of Champions that because of a minor injury she should skip the meet so as to not jeopardize running in the New England Championships. That may seem like obvious advice, but if it was me, I'd want to run in both prestigious event.

Hopefully the running successes

of the youth around here will continue. On second thought, I don't need to "hope", for the coaches, parents and our surprisingly savvy youth runners have a safe and successful attitude toward our sport.

Team Captains Needed

The Gate City Striders are still looking for a few more volunteers to serve as team captains for our racing teams. We still need 2 or 3 volunteers for the Female Masters and Female Seniors teams. Katherine Allen, Patti Danais, and Traci Swanbon have taken over the Female Open team, Shu Minami has taken over the Male Veterans team, and Bill Engle has stepped in to captain the Male 70+ team.

The duty of the team captains is to encourage as many Striders on their team to run in the various team races we participate in, as well as coordinate the teams for the Lake Winnepesaukee and Mill Cities Relays. Most of the work can be done by email, phone, and at our weekly workouts. The two relays usually require more work as the teams need to have 5 or 8 runners each and we try to put the best runners all on one team.

If you are willing to serve as a captain, contact Michael Amarello at (603) 429-8879



\$100 discount for all Striders

Brian S. Withers - Attorney at Law

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